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## HEADQUARTERS EXERCISE ROOM AND SHOWER FACILITIES

1. The headquarters exercise room is located near room
BE48. This room and the adjacent running track are provided
in the interest of the physical fitness and well-being of
Agency employees. Information about available programs and
facilities <u>may be obtained by</u> calling the physical fitness
supervisor

2. Effective 22 October 1979 changes will be made in the headquarters exercise room schedule to expand the hours when both men and women may use the facilities. The new hours of operation for the exercise room will be as follows:

## Men and Women

Monday through Friday (except holidays)	0600-1030 1500-2000			
Saturday, Sunday, and Holidays	1000-1400			
Men Only				
Monday, Wednesday and Friday	1230-1500			
Tuesday and Thursday	1030-1300			
Women Only				
Monday, Wednesday, and Friday	1030-1230			
Tuesday and Thursday	1300-1500			

3. Two shower facilities are provided. One is adjacent to the exercise room and the other is adjacent to the running track. During periods when the physical fitness facilities are used by both men and women at the same time, the dressing room and the showers adjacent to the running track are reserved for women and the dressing room and showers adjacent to the exercise room are reserved for men.

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